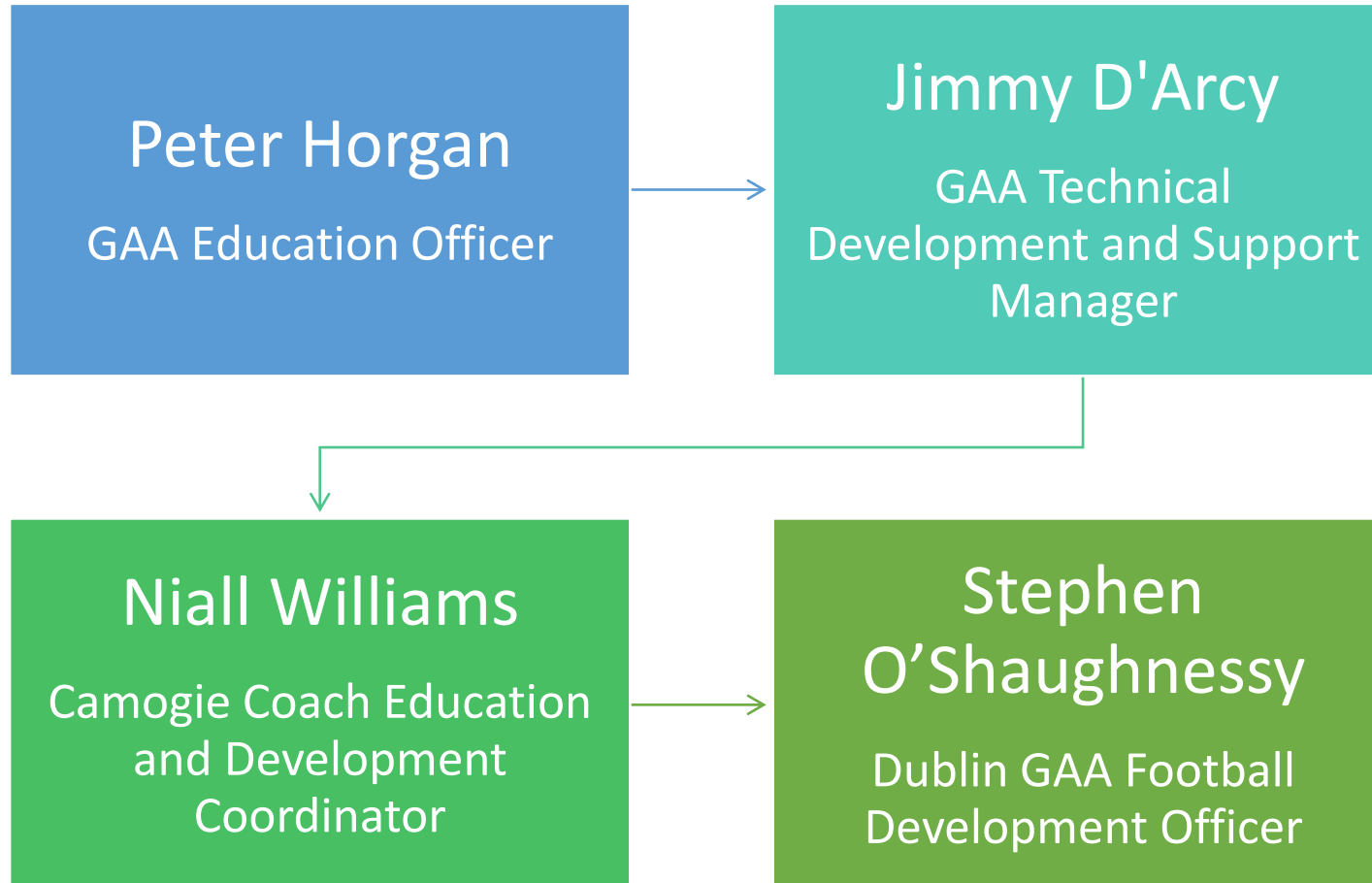


# Gaelic Games Return to Coaching Webinar



# Presenters

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# Webinar Agenda



Return to Play where we are now?



Intro to Return to Play Activity Guidelines



The GAA Activity Planner – an Online Resource for Coaches



Using STEPR

Hurling Activity Focus  
Football Activity Focus



Challenges and Considerations for Return to Play



Recommendations

Injury Prevention (Eamon O'Reilly)/GAA15 Warm Up



# Return to Play Protocols June 24<sup>th</sup> – June 28<sup>th</sup>

Pitches to open for small group training (Adult on June 24<sup>th</sup> Minor and younger on June 27<sup>th</sup>)

All buildings remain closed (exception: toilet)

All training is non-contact in this phase

Small groups = (26 Counties) 15 players/2 coaches in a dedicated area of the field

(6 Counties) 10 players/2 coaches in a dedicated area of the field

Players arrive and depart toggled out – “principle of get in, train and get out”

# Return to Play Protocols June 24<sup>th</sup> – June 28<sup>th</sup>

Health Questionnaire must be completed

Covid Supervisor for each team

Underage players must be dropped off/collected

Only players/management permitted entry to grounds

Running, Aerobic, Agility, ball work – social distancing

No sharing of equipment, e.g. water bottles

# Return to Play Protocols June 29<sup>th</sup>

Allow contact training and challenge games from Monday, June 29<sup>th</sup> (26 Counties)

Guidance from the NI Executive in relation to 6 Counties – non-contact training in the numbers outlined above in the interim

Restriction on participants only attending training sessions to be relaxed: maximum of 200 people in the ground.

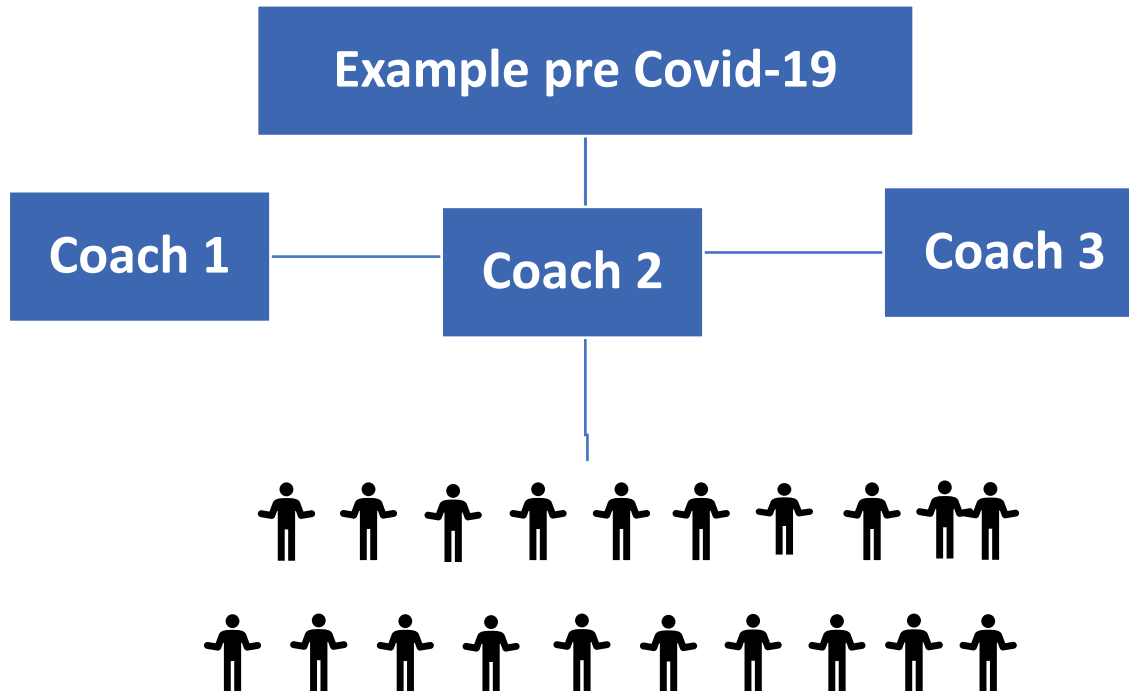
All control measures for players, coaches and other team personnel (completion of health questionnaire, eLearning education etc) is to remain in place until advised otherwise

Dressing rooms to remain closed until July 20<sup>th</sup>

Guidance re other GAA Buildings (Club bars that are serving food, gyms, Handball Alley etc) will be provided before June 29<sup>th</sup>

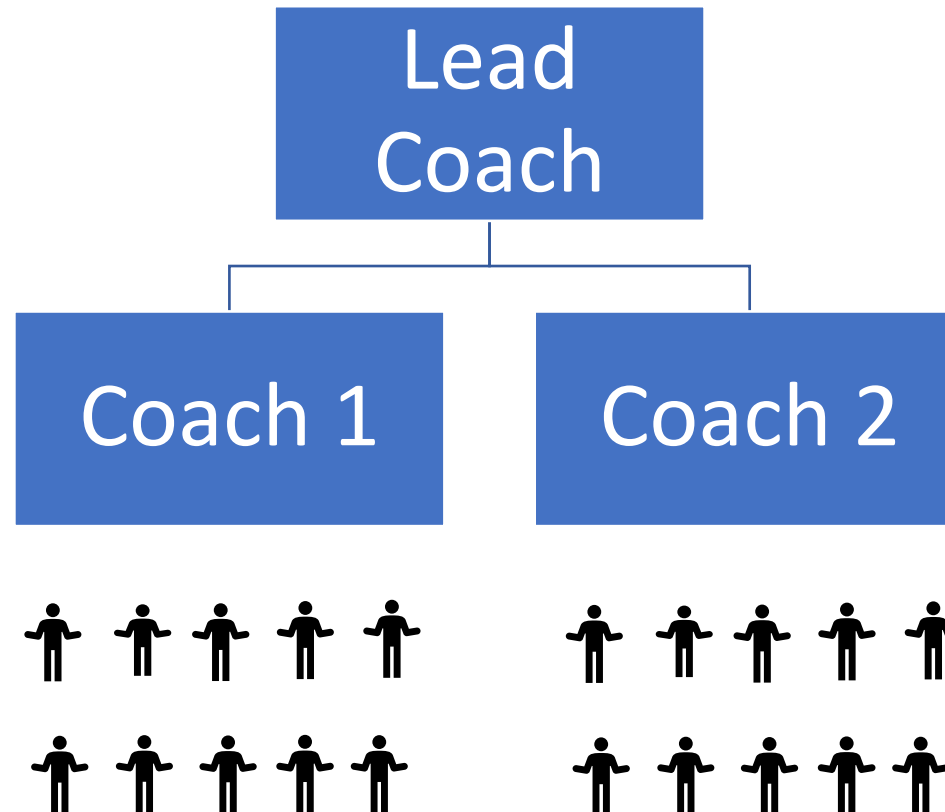
# Managing Groups

- Small groups in a dedicated area of the field
  - (26 Counties) 15 players/2 coaches
  - (6 Counties) 10 players/2 coaches



# Managing Groups

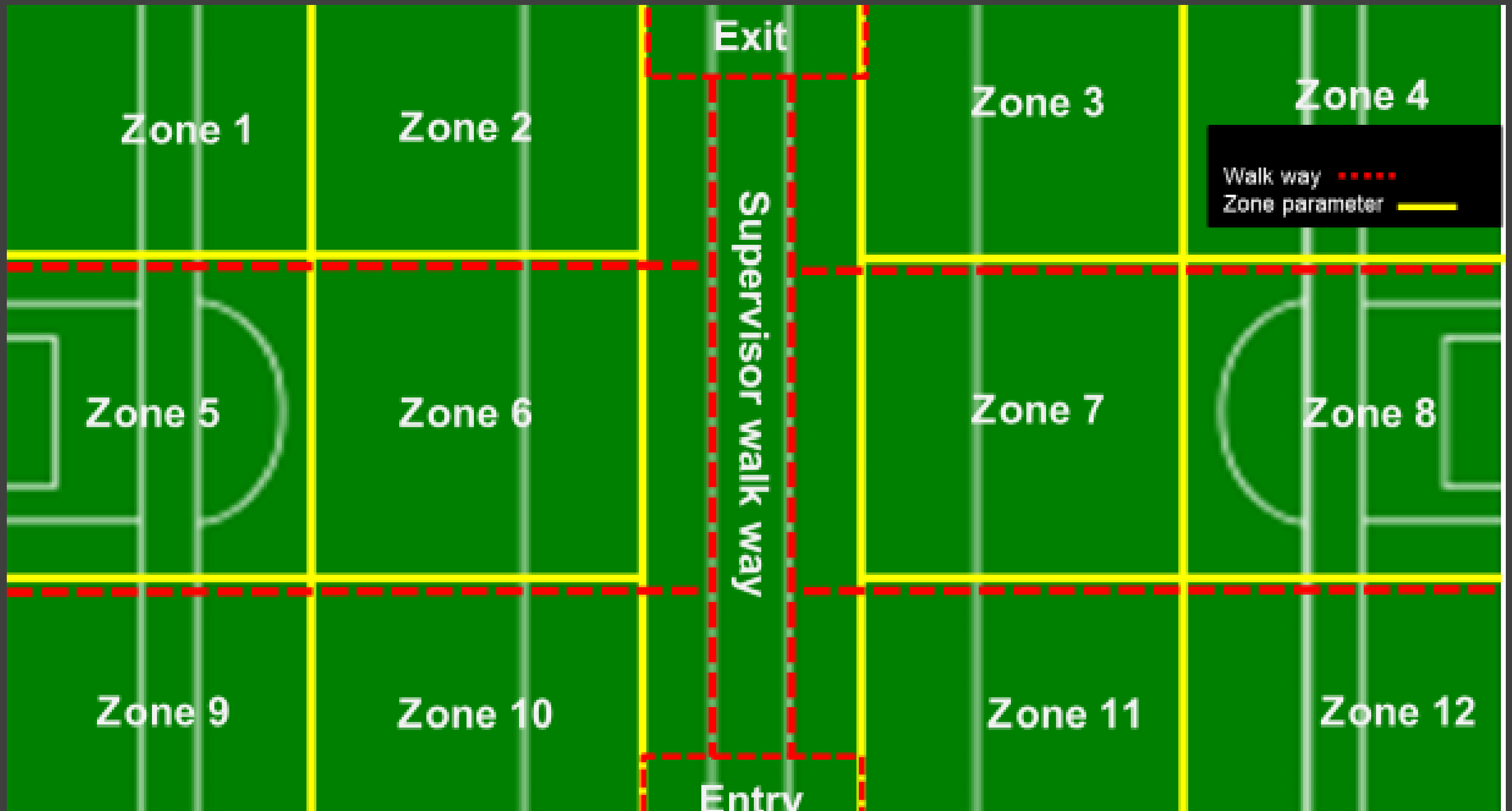
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# Designated Areas of the Pitch

- Playing areas can be divided into zones with participants allocated to train within each zone.
  - Zones could be identified by colour, number, section, etc.
  - Movement between zones should be minimised and controlled at all times.



# Designated Areas of the Pitch

- Movement between zones is prohibited
  - When entering and exiting pitch use walkway provided.
- Equipment allocated to zone 1 for example should not be transferred to another zone.
- Sanitisation zone must be set-up outside pitch entry point. Prior to entering or exiting the pitch area:
  - Clean hands
  - Clean equipment
- If a player, coach, supervisor, or official leaves the pitch area for the toilet or any other reason, hands must be washed prior to exiting and entering the field of play.

learning.gaa.ie/planner/

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# GAA

## Activity Planner

Coach Hurling Football Handball Rounders

Hide wheel

### Select an Activity

HURLING

Conditioned Game

Hook - Skill Point Game

Conditioned Game

Solo Run - On the Run

Conditioned Game

Chest Catch - Captain Ball

Conditioned Game

Conditioned Game

Conditioned Game

Nursery Age 4-6 Child Age 7-11 Youth Age 12-17 Adult Age 18+

Click on the wheel to zoom in for further selection.

19/46

# GAA Activity Planner

# The S.T.E.P.R Coaching Principle

Is a series of simple self-adjustments that any coach can make. To make practices relevant to the needs, age and abilities of their players and the size of their panel, as well as to make the practices

1. Organised
2. Challenging
3. Exciting
4. Progressive



# The S.T.E.P.R Coaching Principle

S – Space

T – Time

E – Equipment

P – Players

R – Rules





# S – Space





1. .

T-TIME



# E- Equipment

A collection of colorful plastic cones (yellow, orange, red, blue, green) scattered on a green artificial turf field. The cones are arranged in a line, with some standing upright and others lying on their sides. The background is slightly blurred, showing more cones and a white line on the turf.



# P - Players





A close-up photograph of two men. The man in the foreground is older, with grey hair and a slight smile, looking to the right. The man in the background is younger, with dark hair, and is blurred. Both are wearing blue shirts. The text 'R- Rules' is overlaid in white, bold font across the center of the image.

# R- Rules

# Challenges for Return to Play



Players & management safety



Planning games/training



Managing return to contact training



Preventing Injuries



Rehearsing game plans



Short time frame to competition?



# Considerations for Return to Play

“get in, train and  
get out”



Planning - Work back from  
end goal, Be Flexible



Research – The Players



Player questionnaire – Pre  
return



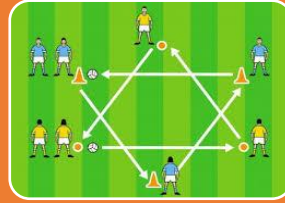
Personal responsibility



Can you benchmark – Skills,  
Strength, Fitness

# Considerations for Return to Play

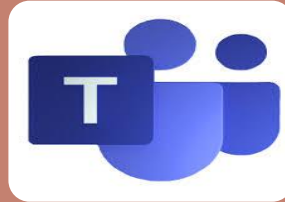
“get in, train and  
get out”



Supply session plans in advance



Feedback from players – Rated  
Perceived Exertions Scale (RPE's)



Tactical/Team Talks from home



New playing rules 2020



Short time frame to competition?

## Evidence for

There is a growing body of evidence supporting the argument that injury prevention programs have the inherent ability to decrease injuries and the time loss associated with such injuries.

Many programmes available - FIFA 11+ , Activate & GAA 15 in gaelic games

All positive??

Compliance is an issue in studies undertaken.

Cherry picking exercises may lead to key components such as landing/cutting/running skills being left out, leading to increased injury risk.

SPARC

## STRATEGIES TO ADDRESS- WARM UP

- GAA 15 & Activate (Ulster Council) warm up
- Based on FIFA 11+

Nordics - 70% decrease - Petersen et al (2011)  
85% decrease prev injured hamstrings

## GOALS OF STRUCTURED WARM UP

- Maximise player availability
- Decrease preventable injuries
- Increase athlete performance
- Improve consistency of approach (specifically injury related)
- Decrease recurring injuries

Fradkin et al,2010 Silvers et al,2015 Thorborg et al,2015

Eamon O'Reilly (SPARC)  
Webinar



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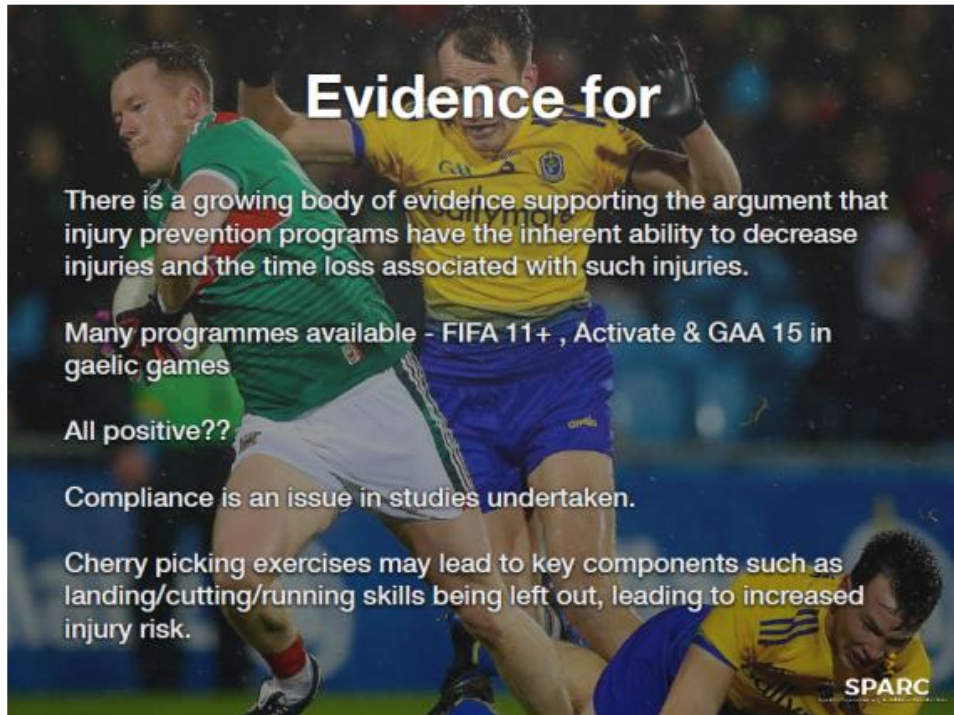
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# Eamon O'Reilly (SPARC) Webinar



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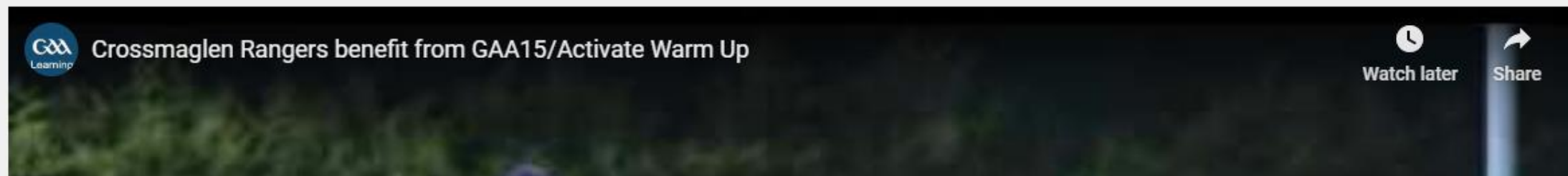
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# GAA 15: Injury Prevention Programme/Warm Up

The Medical, Scientific and Welfare Committee in conjunction with a working group comprising of Dr. Pat O'Neill, Prof. Niall Moyna, Dr. Pat Duggan, Dr. Kieran Moran, John C. Murphy, Dr. Catherine Blake, and Edwenia O'Malley have developed the GAA 15, a standardised warm-up programme aimed at reducing the number of injuries sustained by GAA players.





# Experience of GAA15 Warm Up



Go raibh míle maith agat